



Springfield-Greene County  
Health Department  
*Helping people live longer, healthier, happier lives*

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***From the Office of the Director of Health***

### **Seminar Empowers Individuals to Develop Stronger Relationships**

The Springfield-Greene County Health Department and its Women, Infants and Children (WIC) program invite Greene County residents to attend a one-day seminar to learn how to choose better relationships.

“Within My Reach<sup>®</sup>” is an Operation Us program that offers practical skills and information which empowers individuals to make healthier choices and find the type of relationship they are seeking.

The seminar teaches participants how their decisions affect themselves and those around them. It shares tips for effective communication and problem solving. It offers information on setting healthy goals for life and relationships.

The seminar will be held Saturday, March 29<sup>th</sup> from 9:00 am to 5:00 pm at the Doling Family Center, located at 301 E. Talmage in Springfield. The seminar is free, but registration is required by calling 417-823-3469. Meals and childcare will be provided.

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